

Whole Grain Spinach Rotini

Makes: 50 servings

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Ingredients	Weight	Measure
Spinach, frozen	157 oz	
Fresh thyme leaves		16 sprigs
Olive oil		11 1/5 Tbsp
Water		5 1/2 cups
Garlic, minced		16 cloves
Onion, minced		5 1/2 large onions
Red pepper, minced		5 1/2 large bell peppers
Fresh ground, black pepper		5 1/2 tsp
Whole wheat rotini pasta	90 oz	
Italian Seasoning		5 1/2 tsp
Parmesan, grated		1 1/2 cups



Directions

1. Rinse spinach in colander with cold water and squeeze to strain excess water.

2. In a large pot or dutch oven, heat the olive oil and saute the garlic, red pepper and thyme over medium heat for about 1 minute; but not until it's browned.
3. Add water, spinach and pepper to the pot. Toss, then cover the pot, and cook it for 5 minutes at medium heat. Uncover the pot, turn the heat on high, and cook the spinach for another minute, stirring with a wooden spoon.
4. Prepare pasta, al dente; drain and toss in olive oil, Italian seasoning and Parmesan Cheese.
5. Serve with spinach.